



WE ARE THE MEDICINE

A JOURNEY INTO THE HUMAN CONDITION

RECOMMENDED ADDITIONAL READINGS & RESOURCES

WEBSITES/ARTICLES:

Pallimed.org:

Original article: [We Don't Know Death](#)

<http://www.pallimed.org/2014/08/we-dont-know-death-7-assumptions-we.html>

First Assumption: *If you have experienced a death, you know how death happens* [How assumptions about Dying Can Negatively Affect Patient Care](#)

<http://www.pallimed.org/2016/02/how-assumptions-about-dying-can.html>

Second Assumption: *You're supposed to be unconscious when you're about to die.* [Why We Can't Make Assumptions about Consciousness and Dying](#)

<http://www.pallimed.org/2016/02/why-we-cant-make-assumptions-about.html>

Third Assumption: *Family will want to be with their loved one when they are dying.* [Some People Do Not Want to be with Loved Ones at Time of Death \(and that's okay\)](#)

<http://www.pallimed.org/2016/03/some-people-do-not-want-to-be-with.html>

Fourth Assumption: *People don't want to be alone when they die.* [Time of Death: Some Patients Prefer to Die Alone](#)

<http://www.pallimed.org/2016/03/time-of-death-some-patients-prefer-to.html>

Fifth Assumption: *Family matters will be resolved.* [When Dying isn't Enough for Family to Forgive](#)

<http://www.pallimed.org/2016/07/when-dying-isnt-enough-for-family-to.html>

Sixth Assumption: *The secrets to the universe will be revealed.* [Do Hospice Patients Reveal the Secrets to the Universe?](#)

<http://www.pallimed.org/2016/09/do-hospice-patients-reveal-secrets-to.html>

Seventh Assumption: *You should tell your loved one, "It's okay to let go."* [The Dying Don't Need Your Permission to Let Go.](#)

<http://www.pallimed.org/2016/09/do-hospice-patients-reveal-secrets-to.html>

"'Everyone knows they are going to die', 'he said again, 'but nobody believes it. If we did, we would do things differently'".

– Mitch Albom, Tuesdays with Morrie



WEBSITES/ARTICLES: continued

Facing the Abyss: Planning for Death

<http://www.pallimed.org/2017/02/facing-abyss-planning-for-death.html>

It's Not the Death, It's the Dying: Moral Distress in Palliative Care

<http://www.pallimed.org/2018/01/its-not-death-its-dying-moral-distress.html>

On Language: Why We Should Avoid Saying, "So Young"

<http://www.pallimed.org/2017/03/on-language-why-we-should-avoid-saying.html>

The Emotions of the Dying

<http://www.pallimed.org/2017/12/the-emotions-of-dying.html>

Defining Dignity at End of Life

<http://www.pallimed.org/2017/11/defining-dignity-at-end-of-life-one.html>

Navigating Hospice with a Reluctant Caregiver

<http://www.pallimed.org/2016/01/navigating-hospice-care-with-reluctant.html>

Can We Mistake-Proof Hospice and Palliative Care?

<http://www.pallimed.org/2015/10/can-we-mistake-proof-hospice-and.html>

The Secrets of Hospice Patients

<http://www.pallimed.org/2015/07/the-secrets-of-hospice-patients.html>

Why Hospice Social Workers Should Assess Pain

<http://www.pallimed.org/2014/10/why-hospice-social-workers-should.html>

The Lies of Hospice Patients

<http://www.pallimed.org/2015/08/the-lies-of-hospice-patients.html>

Sacredartofliving.org

ADDITIONAL TRAININGS:

ELNEC - End of Life Nursing Education Consortium Training for End of Life Nursing



BOOKS:

“When Breath Becomes Air” - Paul Kalanithi M.D.

“Kitchen Table Wisdom” - Rachel Naomi Remen M.D.

“Sacred Dying” - Megory Andersen

“The Grace in Dying” - Kathleen Dowling Singh

“The Conversation” - Angelo Volandes

“Being Mortal” - Atul Gawande

“The Needs of the Dying” - David Kessler

“The Four Things That Matter Most” - Ira Byock

“The Five Invitations: What Death Can Teach Us” - Frank Ostaseski

“Being With Dying” - Joan Halifax

“Final Gifts” - Maggie Callanan and Patricia Kelley

“Anam Cara” - John O’Donohue

MOVIES:

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https://www.youtube.com/watch?v=NPoGXqNV_wc (trailer)

Documentary: Song of the Soul: Stories of Hospice in South Africa

<https://www.youtube.com/watch?v=KOdAJ6pxq2w> (trailer)

Documentary: Extremis

<https://www.youtube.com/watch?v=TJiY8duVgzo> (trailer)

Documentary: Lessons for the Living (View a clip here:

<https://vimeo.com/channels/lessonsfortheliving>)

Documentary: Frontline: [The Undertaking](#)

<http://www.pbs.org/video/frontline-the-undertaking/>